

Enter the FUN ZONE



Make a splash!
Join me for a ride on
the waterslide and
for a few laps.



Tip:

Pump up your energy
level! Swim, jump rope, or go
biking with your friends.

Watermelon Ice



You need:
1 cup cubed seedless
watermelon;
1/2 cup cracked ice;
3 teaspoons of sugar;
A squeeze of lime juice.

Prepare this treat
ahead of time and grab it
on your way out
the door.

Using an adult's help, in a
blender, place cracked ice, sugar,
lime juice and watermelon.
Process until well blended.

Put in cup and
place into freezer
until slushy and
ready to serve.

Makes 1 serving.
Enjoy!

Funnies

Q: How do
birds get
ready to
exercise?

Crack the Secret Power Code

Use your detective skills and the code at the right to complete the activity.

1. Being physically is fun
and helps you feel good too!

2. Balance what you eat with
 .

3. Eat a variety of fruits, vegetables, and
 foods.

4. Balance each day with
and .

Code

a- b-
c- d-
e- f-
g- h-
i- j-
k- l-
m- n-
o- p-
q- r-
s- t-
u- v-
w- y-
z-

POWER FACT:

Power Panther™ was a part of which of these
major events? Check 5 correct answers.

- ☐ Cherry Blossom Parade
- ☐ World Series
- ☐ Super Bowl
- ☐ Special Olympics
- ☐ World Cup
- ☐ Pro Rodeo
- ☐ NBA Finals
- ☐ Macy's Thanksgiving Day Parade